

HOLIDAY HUNNY WEEKLY TRACKER

• WEEK 2 • NOVEMBER 10th - NOVEMBER 16th •

Created by @TIU_SHELLEY
seashellsandsitups.com

	Monday 11/10	Tuesday 11/11	Wednesday 11/12	Thursday 11/13	Friday 11/14	Saturday 11/15	Sunday 11/16
Booty Call	2 miles toward #100byChristmas	30 min. jog around the block	Kette Toning with Katrina	Run 3 miles toward #100byChristmas	2 miles toward #100byChristmas	Yoga at a new studio or Yoga with Karena	Run, walk, or jog 3 miles toward #100byChristmas
AM Challenge	Morning move from Beach Babe DVD 2	Love your Arms & Abs with Karena (x2-3)	Foam Rolling Routine	Toned & Sexy Abs (x3)	Surfer Body Toning Playlist		
AMWO	Holiday Hottie Workout (x2-3)	Holiday Waistline Slimmer (x2-3)	Hump Day HIIT (x2)				
M1							
M2							
M3							
M4							
M5							
PM Challenge	Post your favorite workout shoes! #TIUstyle	Do something for YOU that makes you feel beautiful!	Post your favorite sports bra! #TIUstyle	Post your favorite TIU breakfast recipe or meal! #TIUapproved #TIUmeal	Enjoy a #TIUApproved dinner	Spend time with someone special; your husband, your partner, your bestie, your family. Unplug & enjoy! #TIUweekend	Check in with a picture on your 3 mile run to inspire the TIU Team
PMWO/Fun Fact							
#100byChristmas							
Check-in Hashtags	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU #TIUapproved	#hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #tiusassysaturday #tiumeetup #falalalaTIU	#TIU5k #hoidayhunny #tiuteam #tiuseashells #100bychristmas #155bychristmas #falalalaTIU

Weekly Goals:	1. Focus on improving _____	2. Visualize accomplishing: _____
	3. _____	4. _____

WEEKLY TOTALS	
#100byChristmas	
# Booty Calls	
# PMWOs	
# AMWOs	

"You only live once, but if you work it right, once is enough."



Share. Love. Inspire. Sweat.